



## Presents 2016

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- **Mar 29: Mindful Thinking**
  - Meditation and stress relief breathing techniques
- **April 19: Military OneSource**
  - Andrea Reese will present an overview of all the great programs and services Military OneSource has to offer to our families
- **May 24: Financial Planning for Your Future**
  - Certified Financial Planner will suggest how to build a retirement portfolio
- **June 21: Social Media and Your Child/Teen**
  - Guest Presenter: Officer Bob from the Hillsboro Police Department
- **July 26: Exceptional Family Member Programs (EFMP) and Enrollment**
  - Guest Presenter: Venetia Water EFMP Program manager
  - Guest Speaker: Nelly Richards School Liaison Officer (SLO)
- **August 30: Post 911 GI Bill Rules for Using and Transferring**
  - Guest Presenter: Chuck Peterman Education Specialist, Veterans Administration

**All Seminars are held at the HQ USSOCOM Resource Center**  
**1000-1130**

**Child playroom is available, so children are welcome!**

**For more information contact Teresa Torelli [teresa.torelli@socom.mil](mailto:teresa.torelli@socom.mil)**